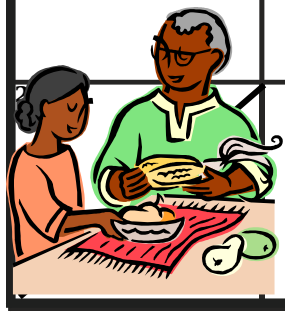
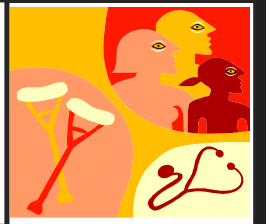
October 2004

Family Health Month, Domestic Violence & Breast Cancer Awareness Month

CLASSROOM LEGEND: Bldg 920 = ACS Bldg
NCD – BJACH Nutrition Classroom 531-3129
Bldg 3504 = Health Promotion 531-6880
CR1 - Classroom 1: 1st floor near dining facility
FRC=Family Readiness Center (Bldg. 940)
CR 5- 5TH Floor (OB clinic) 531-3705
4W= BJACH 4TH Floor West wing

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 TOUR OF L&D 1300 – 4th floor CALL 531-3644 ON DAY OF TOUR TO VERIFY	2
3	4 TOBACCO CESSATION 1130 & 1630 BLDG 3504	5 PREGNANCY PHYSICAL CHANGES 1400-1500 CR 5	6 BIRTH CONTROL 0800-0900 CR 5 DIABETES CLASS 1230 NCD	7 BREAST FEEDING 0900-1100 CR 5 OB EXERCISE 1300-1400 CR 5 NEWCOMER'S SC/OTC 1000-1030 BLDG 920	8 BJACH ORGANIZATIONAL DAY	9
10	11 COLUMBUS DAY 	12 WEIGH TO STAY #1 0900 NCD FETAL DEVELOPMENT 1300-1430 CR 5 TOBACCO CESSATION 1130 & 1630 BLDG 3504 FM WEIGHT CLASS 1400 NCD	13 SC/OTC MEDICATION CLASS 1000-1100 CR1 DIABETES CLASS 1230 NCD	14 OB EMOTIONS & RELATIONS 1300-1430 CR 5 NEWCOMER'S SC/OTC 1000-1030 BLDG 920 WEIGHT TO STAY #2 0900 NCD	15	16
	18 TOBACCO CESSATION 1130 & 1630 BLDG 3504	19 WEIGH TO STAY #1 0900 NCD NEWBORN CARE 1300-1500 CR 5 OB NUTRITION 1400 NCD	20 SIBLING CLASS 1700-1800 4W TOBACCO CESSATION 1630 BLDG 3504 ASTHMA EDUCATION 1300-1500 CR 5	21 SECTION CARE 1300-1430 CR 5 WEIGH TO STAY #2 0900 NCD BREAST FEEDING SUPPORT GROUP 1000-1200 CR 5 NEWCOMER'S SC/OTC 1000-1030 BLDG 920 BREASTFEEDING BASICS 1700-1900 CR 5	22 HEALTH AWARENESS 1000-1400 MAIN PX	
	25 TOBACCO CESSATION 1130 & 1630 BLDG 3504	26 L&D & ANESTHESIA 1300-1630 CR5 WEIGH TO STAY #1 0900 NCD GESTATIONAL DM CLASS 1400 NCD	27 SC/OTCMEDICATION CLASS 1000-1100-CR1 TOBACCO CESSATION 1130 BLDG 3504	28 WEIGH TO STAY #2 0900 – NCD NEWCOMER'S SC/OTC 1000-1030 BLDG 920 LABOR BREATHING & RELAXATION 1300-1530 CR5 HEART HEALTHY 1400 - NCD	29	30 RETIREE APPRECIATION DAY 0800-1500

BJACH Health Awareness